

# The Times-Dispatch

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MONDAY, JUNE 29, 1914.

The city can afford to be generous with its roads. Besides, in this case, generosity is the best policy.

**Afraid to Go Home.**  
The chances are Congress is afraid to go home," says the Baltimore American. This standard Republican newspaper never spoke a truer word. Congress is afraid to go home, but not for the reason intended to be conveyed by the American. It is not afraid to go home because of what it has already done; it is afraid to go home until it completes the job.

Automobile-builder Ford is to give millions for a cancer hospital. Good man. He should also endow a hospital for those who are in need of cars, and a strong prison for reckless chauffeurs.

**Roosevelt and Whitman.**  
With all his misstatements of facts, Mr. Roosevelt has never made a greater and has never made one more nearly fatal to himself than this:

It is evidently the intention of the Barnes machine to run either Mr. Whitman or some other man on whose subservience they can count—in short, to have a rubber-stamp ticket from top to bottom, a ticket of which the personnel would be wholly unimportant.

To dub District Attorney Whitman a rubber stamp; to denounce the greatest foe of the bipartisan machine system in New York as a henchman of Barnes; to place the Nemesis of politically protected grafters and murderers in such sorry company, is brutal, unjust, recklessly false. It is one of the blessings of the times that the words of Theodore Roosevelt no longer have weight; that nothing he says is regarded as necessarily containing the least element of truth.

And the calamity-howlers weep bitterly because the better the times, the bigger the income tax the individual must pay.

**What the Police Read.**  
It is not quite clear why so much surprise should be felt, or merely voiced, at the apparently authentic discovery that the members of the New York police force are not partial to books in which a detective is the central figure, but find their literary tastes run to works of a more solid sort, more especially travel and history.

It is not uninteresting to learn that any considerable number of New York police officers read anything except their bankbooks and reports of committees organized to investigate them. That they should not think much of fiction in which an unofficial crime-detector discloses the inefficiency of the organized police, which is what most detective stories aim to do, can only appear wonderful, we should think, to those in whom the sense of the marvelous is hypertrophied.

The industrious statistician, having cast a glance at the policemen's literary tastes, might now turn his attention to the books read by men of other professions. Does the "tired business man" devote himself to stories of commerce? Are newspaper men the principal readers of novels in which grim-vivisected, omniscient editors are the villains? Do gentlemen of the law devour fiction in which a lawyer is the handsome hero—if there be such books?

Wary bachelors must not think that because June is Hyman's month, the other eleven are the closed season.

**A Representative Mexican.**  
As the figure of Francisco Villa bulks larger and larger in the Mexican sky until, in effect, he dominates it, many good people in this country feel uneasy qualms at the United States giving its moral support to such an individual—a man who was a bandit before he became a revolutionary leader.

We imagine that in this matter the Mexicans themselves are the best judges of Villa's fitness to be their leader. They may not even look upon him as a bandit. They may think that in the past years he was as truly a fighter against oppression as they believe him to be to-day.

Under Diaz Mexico gave to remote observers the impression of a peaceful, well-governed country, punctuated now and then by little outbreaks of high spirits in sections remote from the capital.

It was not peaceful and it was not contented. It was well policed under a strong man's hand. The rule was not only autocratic, it was aristocratic. A great land-owning class had everything that was good, while the vast bulk of the police population had little more than permission to exist. Of such is Villa, plus a high capacity for effective military

leadership. He is a representative Mexican, because in and through him the large majority of Mexicans appear to see the means by which wrongs shall be righted and the land given to those that work it.

No one can deny that Harvard is a good loser when she wins.

**The Vexatious Tiger.**  
The Democratic party in New York is wrestling with the problem of what to do with Tammany. Many conferences have been held between leaders, but thus far the solution advanced has been only tentative.

One suggestion looks to the preparation of two tickets, one Tammany and the other anti-Tammany, to be submitted at the primary and put the choice up to the people. New York holds its first nominating primaries this year, and the event is a critical one.

Whatever decision ultimately is made, this much is certain: The Tammany tiger is not dead. He has been dealt a body blow. A few of his stripes have been dislocated, a few claws removed. The beast himself is too virile to be killed off by one or several defeats.

The organization keeps alive by sheer power of plunder and organization. Say it is smashed; what then? It discreetly goes into hiding, and its gloating victors straightway forget about it. But Tammany does not sleep. All the while it is working, maneuvering, sowing discontent here, retrenching weakness there, and always ever hiding its time.

When the opportunity is offered in the negligence or overconfidence of the opposition, Tammany strikes. Generally it succeeds, mounts once more into the saddle, and there is the whole wretched business to go over again.

All of which is not meant to discourage our New York cousins, but to impress upon them that the price of emancipation from Tammany and its kind is perpetual vigilance. Organization must be met with organization, persistence with pertinacity. As long as human nature is characterized by cupidity, there will be need of organizing to fight Tammany and keep it in subjection.

Keep cool by subscribing to the Ice fund.

**The Efficiency Boy.**  
It is refreshing to see some one with the courage to "take a fall out of" the scientific-efficiency-guaranteed—under-the-pure-food-and-drugs-law gospel. This is what happened when a big locomotive manufacturer in Philadelphia recently informed the Industrial Relations Commission that "scientific efficiency" found no place in his shops. "The one thing you want to do," he said, "is to inspire your men to manliness and to make an effort to increase their earnings."

That's the whole thing in a nutshell. Of course, it will not appeal to the specialist, who every day discovers some quicker way to perform some old task, mechanical and otherwise. But it will appeal to the man of common sense, whether the farmer, the foreman or the general.

There is, to be sure, a certain profit in educating men up to a degree of technical proficiency. But the gospel of "scientific efficiency" goes farther. It seeks to make machines out of men. "Speed them up" to the point of exhaustion. The gains in production are very apt to be followed by the eliminating of a lot of men and women aged before their time.

The world-old route to efficiency is that of "manliness" and ambition to earn money. Given these incentives, no slave-driver is necessary. The formula is result-getting, in whatever vocation and wherever under the sun you go.

Subscribe to the Ice fund.

**No Strings Tied to Them.**  
The Ohio State Journal expresses some impatience with those who are continually finding fault with President Wilson for pursuing his anti-trust policy. "Why doesn't Congress adjourn if it wants to?" it asks. "They can do it. Nobody is holding them but themselves."

Exactly. Why don't people stop all this tommyrot about executive usurpation? It is getting worrisome to people with a little gray matter in their heads. If Congress is controlled by the President, it is because Congress knows the people are demanding, and they are afraid to disregard the people's wishes. If that is not the case, why don't they go home?

New York Progressives are at last beginning to believe that the Colonel really meant it when he said he wouldn't run for Governor of New York. The rest of us are re-considering our decision until the Progressive candidate is named.

"Bryan's hope that mediation will wind up successfully demonstrates that as an optimist our local secretary is something of a staid old fellow," remarked the Philadelphia Inquirer, and just then mediation wound up successfully.

We have upheld President Wilson loyally in his determination to keep Congress in session until the anti-trust legislation is passed, but he must let Congress adjourn in time for the Virginia delegation to get back home for Hanover watermelon season.

Opposition to the President's appointment without giving cause is opposition to the President. The appointments are his, by constitutional right.

American almanac won the English contest. Perfectly proper, we invent the atmosphere, so far as flying through it is concerned.

One way Big Business has of proving that business depression is not psychological is to manufacture it.

Old Japs Pluv is bluffing a lot these days.

## Wayside Chats With Old Virginia Editors

"Wonder if Alfonso let the Colonel try on his crown," says the Norfolk Ledger-Dispatch, to which the Virginia City Register replies: "Hardly, if he recalls a certain steel of a Panama." The latter punster in the ranks, but, as the Danville Register would say, not a rank one.

"We have wondered how long it would take the people in England to realize that they would eventually have to put a stop to the outrageous proceedings of the so-called suffragettes," remarks the Lawrenceville Times. We have wondered how long it would take them to find a way to put a stop to it. Suppose they let one of them starve, as the suffragettes would not then be a reaction in favor of the militants?

Let the Lynchburg Advance fear: There is one editor in the State who can give credit where credit is due. "The man who arranges the program for the meetings of the Westmoreland Club," says the Norfolk Ledger-Dispatch, "is what we call a careful and prudent official."

"Queer," thinks the Houston Record-Advertiser, "that among so many pretty girls Houston has such an army of teachers. Mostly, the Houston girls are not only pretty, but discriminating."

"The lawyers and politicians" are responsible for the fact that though nearly everybody praises the Torrens system of land registration, the Legislature will not give it to us, according to the South Boston News. What of the people who elect the members of the Legislature? They ever made an effort to induce the Legislature to adopt the system? How many of them have ever questioned the candidates? How many ever knew or cared whether or not the men for whom they voted favored the Torrens system? When people begin to take an interest in politics the "politicians" will begin to take an interest in the people.

"Can the victorious Constitutionalists be expected to give up any of the fruits of victory?" asks the Newport Times-Herald. Certainly not. Does any one expect them to do so?

The Central Virginian is waging an energetic campaign for a Louisa County Fair. "For some time past we have agitated the matter of a county fair through the columns of the Central Virginian, and it is with a great deal of pleasure that we at last see a movement which promises to accomplish something definite along that line. Success will, of course, depend in large measure upon its support, financially and otherwise, from the citizens of the county, for it is the purpose of these back of the movement not to have a local fair in any sense of the word, but a county fair—a fair that people will refer to with pride as 'our fair,' and not as 'your fair.' We have heard a great many suggestions as to where the fair would be located. The officers of the temporary association have unanimously agreed that this is a matter to be left entirely to the stockholders of the corporation. The stockholders will, of course, be influenced in making their decision by whatever inducements the various localities have to offer."

## What Was News Fifty Years Ago

From the Richmond Dispatch, June 29, 1864.

The same condition of affairs reported yesterday continues around Petersburg, the present seat of war. Nothing of interest has occurred, with the exception of some cannonading on the lines, and an accompanying shower of shelling at intervals of about fifteen minutes.

Our army at Petersburg, resting in the new trenches, is suffering not a little from the blazing heat of the sun. However, the rain of last evening cooled the atmosphere a great deal and rendered the situation of our boys more pleasant.

General Lee has telegraphed the Secretary of War as follows: "A dispatch just received from Captain Farrinholt, commanding at Stanton River bridge, expresses his confidence in being able to protect it. This afternoon General W. H. F. Lee reports that he attacked the enemy's new position at Stanton River bridge, yesterday afternoon, and drove them until dark. He also states that Captain Farrinholt signally repulsed the enemy at the bridge the same evening, and has since retreated from the bridge, leaving about thirty dead on the field."

A dispatch from Clover Depot says: "Captain Farrinholt, commanding at this point, repulsed General Kautz at Stanton River bridge yesterday afternoon."

The New York Herald of the 21st of June says: "The desperately hard fighting, continued through three days at the intrenchments around Petersburg, are without precedent in the history of other wars. No such battles as these are fought in Europe, and with any two European armies, face to face, one or the other would inevitably give way before the enemy's new position at Stanton River bridge, yesterday afternoon, and drove them until dark. He also states that Captain Farrinholt signally repulsed the enemy at the bridge the same evening, and has since retreated from the bridge, leaving about thirty dead on the field."

The Northern papers tell us that all of the fighting around Petersburg has been done so far by the Second, Ninth and Twelfth Corps, the Fifth Corps being held in reserve.

The New York Tribune informs us in its telegraph column that the Fourth Michigan Regiment has been sent to the front, having been convalesced from three years, for which they enlisted, having expired.

William Johnson, a negro, was executed by the Federals before Petersburg on the 19th, having been convicted of an attempt to outrage a young lady at New Kent Courthouse. He confessed his guilt.

The rabid New York Tribune, old Horace Greeley's paper, a copy of which has gotten through the lines without catching fire, tells us that Hon. C. C. Clay, of Kentucky, and Hon. Jacob Thompson, of Mississippi, have succeeded in running the blockade, and have arrived safely at Halifax. From Halifax they are expected to sail to England, where, as agents of the Confederate government, they may buy quantities of stores and ammunition.

**Love All Powerful.**  
Love sweeps the nearing haze aside, Love turns the fury of the tide, Love guards where her dominions lie. The gates that let the legions by, Love helps us set the standards high And keep the record straight; Love, with that glory all her own, Of dreams to be and dead dreams down, In mastery by her law of will, Defends us from our shadows' fall And saves us from the hate.

—Baltimore Sun.

**Limited Range.**  
"He seems to be wandering in his mind," then he can't stray away very far." —Town Topics.

## The Danville Post-Office: Facts in the Case.

To the Editor of The Times-Dispatch: Sir,—In an editorial in the Danville Register of June 26 last, headed "Zealotism," and "Uninformed," occurs the following:

"If any proposal has ever been made to submit the matter" (the selection of a postmaster at Danville) "to a primary, until after the Senate had rejected the nomination" (that of James A. Lawson), "and after the House had and we fancy we know what is going on locally quite as well as does The Times-Dispatch."

A more convincing demonstration of ignorance could not be made. The facts are, that on June 5 friends of Mr. Lawson challenged the Virginia Senators to submit the respective claims of Messrs. Lawson and Mitchell (the candidate of the Senators) to a primary to be held by the regular election judges, at which only qualified citizens should vote. That was committed certainly to the Junior Senator, and the challenge was accepted by him on or before June 15, while the Senate did not act upon Mr. Lawson's appointment until June 19.

Thereafter, in April, 1913, a committee representing Mr. Lawson's friends, while in Washington, requested Congressman Saunders to submit to the Democratic voters of Danville the selection of a candidate for postmaster to be recommended by him, which he declined to do unless the friends of Mr. Mitchell agreed. To this proposition Mr. Mitchell's friends never agreed, and he was not recommended to us by Congressman Saunders.

In addition, before Mr. Lawson entered the field as a candidate for postmaster, Mr. W. C. Holland (at that time advocating the appointment of Mr. John G. Lee), began circulating a petition for a primary in Mr. Lee's interest. While that petition was being circulated Mr. John P. Reardon, a warm advocate of Mr. Mitchell, approached members of that committee, urging them not to sign any petition for a primary, as no primary was wanted. Thereupon, Mr. Holland's petition suddenly disappeared, and has never been made public.

There is no clique or coterie pressing Mr. Lawson's claims, but Democrats of this city want him appointed postmaster, and have challenged the friends of Mitchell time and again to submit the matter to a primary, and to the best qualified to decide—the Democratic voters of Danville.

It should be remembered that these facts to permit a primary come from the same source, and are equally untrue. The people should have the right to elect and select their officials.

Engelb Wither, W. B. Guerrant, Rice Gwynn, P. D. Clement, H. Wilson, W. K. Anderson, W. E. Gardner, John E. Hughes, J. O. Hawkins, J. D. Turner, E. K. Jones, A. D. Keen, John Wither, L. Morgan, A. D. Hardington, J. B. Brown, James M. Seegar, L. Herman, W. E. Jefferson, T. A. Fox, J. A. Brewer, Danville, Va., June 27, 1914.

## Voice of the People

**Too Suspicious!**  
To the Editor of The Times-Dispatch: Sir,—Is one too suspicious if one expresses the opinion that if Morgan had favored the present administration there would have been no Clark fall?

Norfolk, Va., June 27, 1914.

**Inez, Dr. Anna and Militancy.**  
To the Editor of The Times-Dispatch: Sir,—Inez Milholland, that was, sympathizes with Mrs. Pankhurst and believes she is justified in adopting militant tactics, and that, in fact, she was, is an American suffragist. What has "Suffragettes" who accuse me of maligning the American suffragists, suspecting them of what one of them has called "militancy," got to do with me? I am not mistaken, Dr. Anna Shaw once gave explication as her reason for opposing militancy, and that is all I need to know of her. Why must I choose between being a soldier and an ignoramus, if Dr. Shaw and Inez do not have to do the same?

THE SAME ANTI- Richmond, Va., June 28, 1914.

## Queries and Answers

**Hanover.**  
At the accession of George I., in 1714 the kingdom of Hanover was joined to that of England, and so remained for many years. Why is it now separate?

T. T. WILSON.  
When Victoria came to the throne in England in 1837, the Hanoverian succession followed the male line, went to Ernest Augustus, Duke of Cumberland, the fourth son of George III, and the Queen's uncle.

**Free Simple.**  
Please tell me the meaning of "free simple" in allusion to land.

SUBSCRIBER.  
A "free" is land or rights in land held on certain conditions, which are stated by the word or words used in connection with the word "free." A "free simple" is one without condition, and it gives to the owner all the rights of use and disposition which the law permits. It is, generally, absolute ownership without restriction of any sort.

## SPARKS

Probably the gentleman who testifies that he sold his \$17,000 car factory to the alleged trust for \$375,000 believes it is a good thing—Philadelphia Public Ledger.

Mediation still lingers. So do wars sometimes.—Boston Herald.

This King of Servia has the great advantage over his predecessor of quitting the throne alive.—New York World.

For supreme paths what could exceed the picture of the Colonel standing voiceless at Armageddon?—Chicago News.

It is no recommendation of the feats of dare-devil aviators that they do what no bird could do. A goose knows better than to try flying upside down.—Philadelphia Record.

The Colonel won't run for it and the Governor won't create a stir for it. Looks as though the office might get a chance to seek the man, this time.—New York World.

Was that Iowa man who ate 219 onions to win a wager trying to give his wife justifiable grounds for a divorce?—Houston Chronicle.

Senator Owen offers four bills to stamp out all fraud at elections. One of 'em must prohibit elections.—Louisville Courier-Journal.

The Hon. Bill Flinn, of Pennsylvania, must be mighty glad that he is not wicked and shifty like Perkins.—New York World.

## Dr. Brady's Health Talks HOW TO SLEEP WELL.

The family doctor, whose sleep is so often ruthlessly curtailed by the arrival in the next block of a case of colic or a likely candidate for colic, never has any trouble about going to sleep when he gets the chance. People who lead regular, sedentary lives are more apt to suffer from insomnia. Baseball players, fishermen, hunters, outdoors men, and even policemen are famous for their sound sleeping. Exposure to sunlight, to the point of moderate sunburn or tan, is a good remedy against insomnia.

**Simple Hygiene.**  
Hot bathing at night, brisk callisthenics just before retiring, hot bottles for the feet and well warmed bed clothing, and a hot drink to help one to find sleep, in the same way that exposure to sunlight does; the blood is drawn to the surface of the body.

A good bedspring, and a mattress which does not sag under the weight of the body; light coverings; fresh air, moving in a free draft across the bed from open window to open window or, better, on a sleeping porch, and absence of bright light encourage sleep.

Hot bathing at night, brisk callisthenics just before retiring, hot bottles for the feet and well warmed bed clothing, and a hot drink to help one to find sleep, in the same way that exposure to sunlight does; the blood is drawn to the surface of the body.

**Worry and Habit Destroy Sleep.**  
The worst factor to contend with is worry about not sleeping. Some neuroathenics keep reminding themselves every few minutes all evening that they are not going to sleep to-night; then, being vaccinated with the idea, they go to bed and lie awake to prove they were right. If they would change tactics and keep saying: "I'm going to sleep, like a top to-night—just wait and see"—they would find it surprising to find themselves doing it. If you try you fail; if you will you win.

Anemic persons will sleep better if the foot of the bed is raised two or three inches. Rheumatism, pain, will sleep better if the head of the bed is raised a few inches.

In any case, if simple means fail, there should be no hesitancy about obtaining a prescription from the doctor. Insomnia is a bad habit that may become permanent if not broken. Doctors nowadays almost never resort to opium or habit-forming drugs for the relief of sleeplessness.

**Questions and Answers.**  
J. R. C. inquires: What is the probable cause of night sweats in a middle-aged person who is not very robust? Can you recommend any course of treatment? Why is the sweating more profuse soon after retiring than it is towards morning?

Reply.—One probable cause is tuberculous, but this usually weakens the system, and causes night sweats. The relaxation of the skin on first going asleep causes sweating. Later in the night circulation is more equalized, and the skin cools, and sweating ceases. You should be examined by your physician at once.

J. S. writes: Is there any cure for chronic bronchitis and asthma? Also I have lost my prescription for cystitis and the physician is now dead. Please explain how to prevent falling hair.

Reply.—The only course to pursue is, place yourself fully in the hands of a good doctor—not an all-around specialist, but one who will study your case regularly. The druggist who filled the prescription should have a copy on file. For an answer to your last question, see the Health Talk published June 6.

Dr. Brady will answer all questions pertaining to health. If your question is of general interest, we will gladly answer through these columns; if not it will be answered personally if stamped, addressed envelope is inclosed. Any line of writing, or prescription for individual cases or make diagnoses. Address all letters to Dr. William Brady, care of The Times-Dispatch.

## Random Comments on "Down Home" Views

The primary system of nomination is still agitating the press and people of North Carolina. Almost daily some discussion of the question is to be found in several of the papers, and, in fact, all of them have had something to say on the subject. A difference of opinion exists as to the pressing need of a legalized State-wide primary at this time, though the majority are decidedly in favor of it. The State Democratic Convention has "thrown a sop" to the primary advocates.

The Albemarle Enterprise is inclined to believe, with Clarence Poe, that half a loaf is better than no bread, and that the form of primary advocated by the convention is better than none at all. Practically all of these papers, however, are in favor of the referendum, gathered at Raleigh to promulgate progressive principles through Democratic channels, is disposed to look with some satisfaction upon the action of the Democratic party in the referendum, having granted several of the progressive features into the State platform rather than to become dissatisfied with its failure to accept more of them. Mr. Poe sees in the Democratic party a good source for bringing into play these principles now being espoused by so many Democrats everywhere, and is content to wait. The forward-looking Democrats of North Carolina should be content to wait, if they work while they wait.

The Raleigh Times remarks, apropos of nothing in particular, that "with all due respect to the agitators, the Durham majority of whom could not be elected to office in any sort of primary, what legislation the agitators are assuming, being the progressive leaders of North Carolina Democracy. The language sounds suspiciously like some of that heard in this State whenever the primary is mentioned. The agitators are advised that "the agitators," so-called, if like those in Virginia, will be the very men to initiate constructive legislation.

It seems that there are "outs" in North Carolina, too, and that because they are "outs" they have no claim to being Democrats. Quoting a candidate for the Legislature as saying that he would like to see a strong opposition party in his county, the Durham Sun remarks that "that is a poor way for a candidate to talk, since it goes to show that he is distinctly one of the 'outs.' Then being an 'out,' which is to say not having an official position, there is no greater crime, you know."

The Asheville Citizen scarcely agrees with Editor Poe in his views on the action of the State Democratic party. It is distinctly not satisfied with that party. It wants a "sure-enough" State-wide legalized primary, and is not surprised that there should be a spirit of resentment against the organization throughout the State against the party organization.

## "I HOPE IT POURS"

ONE OF THE DAY'S BEST CARTOONS.



—From the Brooklyn Daily Eagle.

## Beauty of Cleanliness

By LILLIAN RUSSELL.

[Copyright, 1914, by Lillian Russell.] "Beauty commonly produces love—cleanliness preserves it." Cleanliness is not only agreeable to our eyes, but it is a social duty which should be pleasurable and serviceable to ourselves. Irrespective of its influence on the health and personal charms, its practice is incompatible with many of the virtues that prove destructive to both the body and the mind. In relation to health, personal cleanliness is of the very highest importance.

The skin is continually subjected to abrasions of friction and dangerous by which the cuticle, its exterior position, is being constantly thrown off as effete and useless matter in the shape of minute scales of dust. This mingling with the oily, naturally produced matter of perspiration and waste particles of dress, dust, etc., acquires sufficient adhesiveness to attach itself to the surface of the body, and unless this accumulation be daily removed by friction and washing, the channels of the perspiration become choked, and the functions of the skin, as a respiratory organ, interfered with or even suspended.

The clothing becomes contaminated with the exuviae of the skin, and unless frequently changed is rendered unwholesome and unfit for use. The skin must be washed frequently, and the body must be kept clean, and the functions of the skin, as a respiratory organ, interfered with or even suspended.

All of these are foes to health, personal beauty, and refined enjoyment, and may be prevented or removed by the simple acts of cleanliness, which should and can be practiced by every human being.

## Remember: Cleanliness enhances every charm and creates new ones peculiar to itself.

**Lillian Russell's Answers.**  
E. M. In order to keep free from blackheads under such conditions, the face must be washed frequently. To avoid blackheads special care should be taken to go over the places where the oil glands are thickest and where they are most easily overlooked; that is, about the folds of the nose, mouth and certain parts of the forehead. If after removing all the blackheads possible by means of washing the face with hot water and some non-irritating soap by application of alcohol or by a facial cream, there still remain those which will not yield to these treatments, some stronger measures must be taken. The blackheads should be pressed out with the finger nails or with a special instrument. Do not use a pin or needle, as this will irritate the skin and often transform the blackhead into a pimple. Before squeezing the blackhead out, bathe the face in warm water, to soften it, then press them out with the fingers, over which several thicknesses of linen have been placed. If you care for the green soap treatment for blackheads, send me a stamped, addressed envelope and I shall be glad to send it to you.

I. R. To have the best and most normal carriage possible it is simply necessary to keep the chin in. This will have a tendency to keep in an erect position the muscles of the back of the neck and will also pull out the chest and throw back the shoulders. All this for the purpose of holding in of the chin in a proper manner.

Margaret: Walking, swimming, golf, tennis, or any outdoor sport where you have to use the muscles of your limbs, would be pressing the chin in. This will have a tendency to keep in an erect position the muscles of the back of the neck and will also pull out the chest and throw back the shoulders. All this for the purpose of holding in of the chin in a proper manner.

Merl: If you cannot breathe properly with your mouth closed when you are sleeping there must be some throat or nose trouble. Adenoids will prevent proper breathing. I would advise you by all means to consult a physician, and if they do exist have them removed immediately.

## Camp Cookery

By JANE EDDINGTON.

There is a perennial interest in the "scrub stoves" for the camping party. Horace Kephart's "Camp Cookery" is a good book to include in the camping outfit, and there are others. If any one wants to know about the dedicated and dehydrated foods there is something to be learned from "Winter Camping," by Warwick S. Carpenter. These are mostly trademarked things.

The Boy Scout movement encourages boys to learn cookery, and when in camp many of these boys develop considerable skill as cooks. The greater problem is the making of a suitable fire or of adapting utensils and fire to the job. Eggs can be fried on a piece of paper on a rock in the sun, and the cleverest who can manage to concentrate the sun on a kettle of cereal that has once been brought to boil, will see it nicely cooked after a few hours if he is patient. Cooks on newsprint papers can be concentrated in such a way as to cook steaks and bacon.

The hole in the ground has been adapted in various ways by the old-fashioned leaders of barbeques, and country woodsmen universally know how to cook the best beans in the world in a hole in the ground. Some hot coals, reinforced by stones heated when these were made, are wonderful bakers. It is always difficult to keep the men and boys of a picnic party patient, however, until due time has elapsed.

The Red Cross people in general have "scrub stoves" for the camping party. Horace Kephart's "Camp Cookery" is a good book to include in the camping outfit, and there are others. If any one wants to know about the dedicated and dehydrated foods there is something to be learned from "Winter Camping," by Warwick S. Carpenter. These are mostly trademarked things.

The very word "camp" conjures a picture of extreme discomfort to the cook. Her character is at stake; she must not fail; yet how to succeed with no kitchen range, no ever-ready supply of fuel and materials? I have two fires going, one for boiling, stewing, frying, etc., the other is adapted for baking, but can be used for other purposes. The first, a "dug-out," can be made in two ways.

"Choose a bank, cut a pile out about two and a half feet long and two feet high. You now have a grate with right and left wings which shelter the fire from the wind. If possible get material to roof in the top. You will then find the fire more sheltered from the unkind elements that seem to turn in every effort into disaster...."

"For the second fire, dig a shallow trench and support them by iron bars or wire netting stretched across and covered with mud. In fact, any material that will hold the fire in place will do. Leave an opening at the back for the smoke to escape. An old coffee tin with the bottom and top out will make a very good chimney. If no bank is available, build up the fireplace instead of digging it out."

"This fire is very convenient for frying and cooking small things. For frying, place a couple of bricks or stones in the trench, leaving some space between them. Lay a piece of